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REJOICING WITH WINE

CANADIAN INDUSTRY GROWS AS MORE CANUCKS REACH FOR VINO PAGE 7

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STAMPED OUT

Toronto Argonauts players celebrate with the Grey Cup after defeating the Calgary Stampeders, 35-22, on Sunday before a home crowd at Rogers Centre. For more on the game, see page 18, and to read about the halftime show, see page 9. NATHAN DENETTE/THE CANADIAN PRESS

Queen City readies for next Grey Cup

CFL. Regina hotels are already sold out of rooms and Mosaic Stadium has expanded for the influx

JEFF MACKEY
jeff.mackey@metronews.ca

Saskatchewanians across the province were busy Sunday hosting Grey Cup parties, but next year they will need to prepare for hosting on a much larger scale.

The Queen City will be host to the 2013 Grey Cup, a fact that is bound to put some logistical stress on the CFL's smallest city.

"It will be especially busy for everyone in Regina," said Sean Haynes, manager at the Hub Sports Bar and Grill.

"Whether it is restaurants, bars or whatever — whoever has got a TV will definitely be busy."

Regardless, given that so many Saskatchewanians live and breathe football, Regina should make for a vibrant host city for the event.

"I think, as it is with just about every game, it's going to be a Rider sellout," said Riders fan Tom Maurer in Saskatoon.

"The stands are just going to be green and everybody's going to be wanting to go there."

Even a year in advance, Regina hotels are sold out of rooms for the big weekend. Mosaic Stadium itself has expanded, adding north and south side seats to make room for the influx of football fans.

But what is the key to being a good host for a Grey Cup? According to Haynes it's simple.

"As long as there is alcohol, good food and a good atmosphere," said Haynes.

"That's the key, just to make sure you have a good time and do what you love."

WITH FILES FROM MORGAN MODJESKI

No bra? No freedom, inmate alleges

Women's centre inmate files a complaint that she was punished for not wearing bra PAGE 4

Highlighting Sask. pride

Former Regina mayor Pat Fiacco takes the reigns of Tourism Saskatchewan, thinks of drawing from past campaign promoting Queen City PAGE 3

U.S. discount weekend takes root in Canada

Black Friday, Cyber Monday may soon surpass Boxing Day as busiest shopping period PAGE 7

'Rich, ooey gooeyness ...'

Dave Venable's cookbook, In the Kitchen with David, recreates the taste of cheeseburger in a casserole dish PAGE 12

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Body of art

Show puts human forms before landforms

An art show organizer in Regina promises to give art buyers in the province something he says they don't normally get to see in local art — human forms.

Robin Schlaht says the show, called Nude Saskatchewan, came about because a customer who bought a painting expressed frustration at finding nothing but landscapes.

Schlaht says he sees no problem in landscapes, but says figures and portraits are underrepresented in Saskatchewan art.

THE CANADIAN PRESS/CJME

Rosthern

Youth faces charges after air pistol waved at school

It may have been an air pistol that a student in Rosthern, Sask., took to school, but it looked real and scared a lot of people.

Now a 16-year-old faces charges of pointing a firearm, assault with a weapon and uttering threats.

Sgt. Lindsay Darling of the RCMP says if the weapon is perceived to be real, charges can be laid under the Criminal Code.

Officers were called to a school in Rosthern on Nov. 21 because a youth was waving a gun around.

He was arrested with the gun when they got there and witnesses said he was pointing it at people.

Darling says there were no injuries but many students and teachers were badly shaken by the incident.

THE CANADIAN PRESS/CJME

Tuffnell area

Air team finds missing man deceased

The body of missing 75-year-old Walter Haluk was found in a field about 13 kilometres south of Tuffnell, Sask., at approximately 10:30 a.m. on Sunday.

Haluk's vehicle was located by the Civil Air Search and Rescue Association from the air.

The team found Haluk deceased near his truck, which was stuck in the mud and snow.

The investigation is ongoing. Foul play is not suspected. METRO

Former Regina mayor Pat Fiacco, left, is seen here in October welcoming Gov. Gen. David Johnston and his wife, Sharon, to the Queen City. Fiacco was hired on as CEO of Tourism Saskatchewan earlier this month after serving four terms as mayor. JEFF MACKEY/METRO

Pat Fiacco talks provincial pride

Tourism Saskatchewan. Former mayor says he plans to come up with campaign akin to 'I Love Regina' initiative

JEFF MACKEY
jeff.mackey@metronews.ca

Former Regina mayor Pat Fiacco has had to start thinking provincially since becoming the CEO of Tourism Saskatchewan.

"It is obviously an exciting opportunity that I am really looking forward to," said the four-term mayor. "There is a lot to learn with regards to the tourism industry but that is going to be easy to do because the organization has some wonderful staff."

Tourism Saskatchewan has drastically changed over the last year. It has gone from a semi-autonomous agency to a Crown corporation, as part of a new strategy by the provincial government.

Fiacco offered some insights into some initiatives he may pursue as the new CEO.

"I think northern Saskatchewan is a beautiful place that I want to promote," said Fiacco, who also said he wanted to bring special events to the province — "that is one thing we are already really good at."

One of Fiacco's lasting legacies with the Queen City is the "I Love Regina" campaign, which is credited with boosting civic pride in the city.

So, is there an "I Love Saskatchewan" campaign on the horizon?

"That is the most common question I am hearing from people," said Fiacco. "It may not be 'I Love Saskatchewan' but it will be something that everyone in Saskatchewan will be very proud of."

Agenda

"I think northern Saskatchewan is a beautiful place that I want to promote."

Pat Fiacco, former Regina mayor and new CEO of Tourism Saskatchewan

Follow Jeff Mackey on Twitter @MetroJeffMackey

Youths participate in a high-school rodeo at Agribition. Cattle sales were strong in this year's agricultural exhibition. ALYSSA MCDONALD/METRO

Agribition. Purebred beef sales up more than 10 per cent from last year

Cattle sales at one of the country's largest agricultural shows have been among the best ever.

Agribition president Bryan Hadland says purebred beef sales reached $1.4 million, up more than 10 per cent from last year.

The annual six-day show in Regina wrapped up Saturday.

Many of the cattle were bought by U.S. buyers.

THE CANADIAN PRESS

Female inmate alleges she was ‘thrown in the hole’ for no bra

Dress code. Niagara artist says she received 2 weeks in segregation cell, 5 days pulled from early release date

JESSICA SMITH
Metro in Toronto

An inmate at the Vanier Centre for Women in Milton, Ont., has filed a complaint alleging correctional officers put her in a segregation cell and tacked on five extra days to her sentence because she refuses to wear a bra.

“I was locked down in a segregation cell from the morning of Nov. 1 to the afternoon of Nov. 15. I was first charged with misconduct for not wearing a bra,” Jeannette Tossounian, who is currently serving a sentence for arson, wrote in a letter to Metro.

“A few days later, I was charged with another misconduct for saying I don’t want to wear a bra and was given five extra days to spend in jail from my early release date, December 2013.”

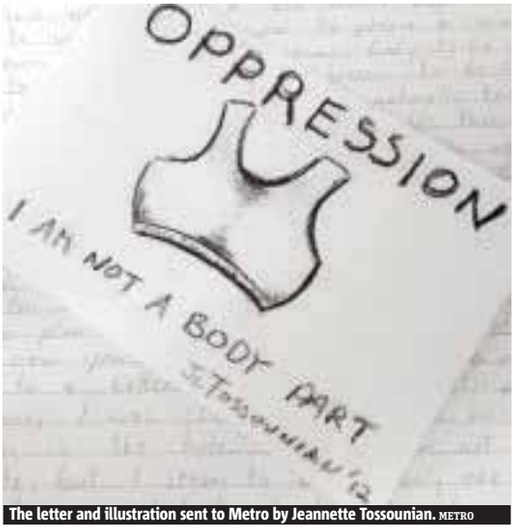
The Elizabeth Fry Society confirmed that Tossounian has filed an official complaint about the incident.

Ministry of Community Safety and Correctional Services spokesman Brent Ross would not comment on the allegations, but confirmed that female inmates are required to wear bras.

“We have policies in place to ensure inmates are treated justly and humanely in all sections of our facilities, including segregation,” he said in an email response. “While incarcerated, inmates can be awarded remitted time, which is a reduction of a sentence for good conduct, and they can also lose their remitted time or have their privileges suspended if they commit a serious misconduct.”

Tossounian said her aversion to bras wasn’t always a problem for her in jail.

“I was incarcerated at Vanier for eight-and-a-half months and was braless the whole time before I was locked down. I guess the guards had better things to do than stare at my chest, examining for looseness,” she wrote. “As soon as I put in a request to change to a better unit so I could participate in more programs, I was charged with these misconducts and thrown in the hole.”



The letter and illustration sent to Metro by Jeannette Tossounian. METRO

Cruelty claims

“No matter what an inmate does, if the institution wants to punish, they will get punished.”
Inmate Jeannette Tossounian, writing in a letter to Metro

Tossounian wrote that she has never been a bra-wearer and believes studies that link wearing a bra to breast cancer, a premise not widely accepted by the scientific community.

“To (force) a woman to wear a bra, inmate or not, is a violation of human rights. It is sexual discrimination that breaks a woman down into body parts that must be controlled because these parts are female,” she wrote.

Tossounian also wrote that the incident made her feel helpless.

“Some inmates end up losing their minds, even to the point of committing suicide,” she wrote. “I have to remain strong.”

Jeannette Tossounian, an inmate at Vanier Centre for Women in Milton, Ont. TORSTAR NEWS SERVICE

Tossounian’s lawyer for the appeal of her sentence, Vanessa Christie, said her client’s account of what happened is “disturbing.”

Follow Jessica Smith on Twitter @jessiecatherine

Dying mine revived in search for Martian life

The Jeffrey Mine in Asbestos, Que. JACQUES BOISSINOT/THE CANADIAN PRESS FILE

Canada’s last asbestos mine, now winding down its operations, may have a new celestial calling — as a stand-in for planet Mars.

Quebec’s Jeffrey Mine hosted nearly two dozen scientists recently for a simulated Mars mission initiated by Canada’s space agency.

The scientists from four universities made a pair of trips to the Asbestos region, this year and last year, accompanied by a micro-rover.

“There are definitely areas (on Mars) that are much more like what we have at Jeffrey Mine,” said Ed Cloutis, a University of Winnipeg professor who took part in the project.

The new vocation won’t exactly replace the once-mighty asbestos industry as an economic lifeblood for the region.

The mine had been counting on a $58-million government loan to renovate and keep operating. The simulated Mars mission cost $800,000 — and some local officials, including an alderman and the town’s director general, didn’t even appear to be aware of the project when contacted by The Canadian Press.

The goal of the project was to simulate as closely as possible a Mars rover mission to detect the presence of, and determine the source of, methane on Mars.

Cloutis, an expert in planetary geology, said the scientific missions to the Asbestos region could be Canada’s ticket to future trips to the red planet.

“One way to search for life on Mars (is) you look at the gases that might be produced or used as a food source by bacteria on Mars,” Cloutis said in an interview.

Methane gas, which can be found at the mine on the edge of the town of Asbestos, is one of two key indicators of life. The other is water.

Methane has already been detected in the Martian atmosphere and scientists are hoping NASA’s Curiosity rover will find it on the planet.

THE CANADIAN PRESS

Mine vs. Mars

Jeffery Mine is more like the barren surface of Mars than one might think.

- Jeffery was one of the largest open-pit mines in the world. With a diameter of more than two kilometres and a depth of around 350 metres, the pit allowed plenty of room for roving around.
- It also contains serpentinite, a rock prone to hosting bacteria, which scientists hope to find on Mars.

National pride

Poll tests country’s love of traditional Canadian symbols

Canadians, it seems, love their universal health care. The monarchy? Not so much.

A new national poll commissioned by the Montreal-based Association for Canadian Studies examined the pride Canadians place in a list of more than a dozen symbols, achievements and attributes.

The online survey of 2,207 respondents found universal health care was almost universally loved, with 94 per cent calling it an important source of collective pride.

At the other end of the spectrum, just 39 per cent of respondents felt the monarchy was a source of pride.

Thirty-six per cent of respondents felt official bilingualism was of little or no importance, while 30 per cent were unimpressed with the War of 1812 and 25 per cent shrugged off Canada getting its own constitution.

THE CANADIAN PRESS

Climate cascade

Forests warming as pine beetles kill off sweaty trees: Study

New research suggests mountain pine beetles have become so widespread that they’re not just benefiting from global warming, they’re starting to contribute to it.

Scientists have concluded that the warming climate has let the tree-killing beetle spread into new areas. Their mass spread is considered one of the largest ecological disturbances ever recorded.

Holly Maness, an earth scientist working at the University of Toronto, and her team concluded that beetle-ravaged forests were, on average, one degree warmer during the summer than healthy forests.

The reason? Tree sweat, or rather, the lack thereof.

“When you kill a tree, it’s going to stop sweating. That means that solar radiation that was previously spent evaporating water from these trees is now going into heating the surface.”

THE CANADIAN PRESS

Meet the new boss

Empty drama expected from three byelections

By the time the dust settles Monday night, a great deal more noise will have been generated by a trio of federal byelections than the outcomes will likely merit.

Three new MPs, representing the same team colours as those who departed, are expected to be en route to Parliament.

Along the way, however, the respective campaigns in Calgary Centre, Durham (Ontario) and Victoria will have presented an early test run for the distant general election battle of October 2015.

And judging by this month’s byelections, 2015 will be quite a show.

Joan Crockatt is the establishment Tory favourite in Calgary Centre — a riding conservatives have held for 40 years — but she faces an almost unprecedented polling threat from Liberal candidate Harvey Locke. THE CANADIAN PRESS

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France. Sarkozy's party battles to save itself after disputed leadership race

Parents struggle to explain it to their kids. Ambassadors struggle to explain it to their governments. The only thing that's clear is that French politics is a mess.

Former president Nicolas Sarkozy's conservative party led one of the world's biggest economies for a decade and now, in the space of a week, has melted down into something that may never be put back together again.

A mediation effort Sunday failed to reconcile the Union for a Popular Movement party or figure out who's in charge, seven days after a disputed election for a new party leader. The conflict looks headed now for the courts. The outcome could reshape France's political landscape and eventually weigh on Europe's direction too.

Central to the dispute is debate among French conservatives over immigration and Islam in the country with Western Europe's largest Muslim population. The election a week ago split party members into those leaning toward the anti-immigrant far right, represented by Jean-Francois Cope, and those hewing to more centrist views, supporting Francois Fillon.

Cope, who led France's push to ban face-covering Islamic veils and talks of anti-white racism, was initially declared winner of the Nov. 19 election.

Then uncounted votes were discovered that could swing the vote in Fillon's favour.

Accusations of fraud swirled. Insults flew. The week wore on, and the party still had no clear leader.

On Sunday, a UMP commission that handles vote disputes met, then broke up in acrimony, the Sipa news agency reported.

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Future

2017

Cope and Fillon want to lead opposition to Socialist President Francois Hollande — and run for president themselves in 2017.

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In this Nov. 23 photo released by the Egyptian presidency, President Mohammed Morsi speaks to supporters outside the presidential palace in Cairo, Egypt. EGYPTIAN PRESIDENCY/THE ASSOCIATED PRESS

Egypt's political foes grow more entrenched

Power struggle. Fight over president's powers threatens to destabilize the country as stocks plunge amid ongoing chaos

Supporters and opponents of Egypt's president on Sunday grew more entrenched in their potentially destabilizing battle over the Islamist leader's move to assume near absolute powers, with neither side appearing willing to back down as the stock market plunged amid the fresh turmoil.

The standoff poses one of the hardest tests for the nation's liberal and secular opposition since Hosni Mubarak's ouster nearly two years ago. Failure to sustain protests and eventually force Mohammed Morsi to loosen control could consign it to long-term irrelevance.

Clashes between the two sides spilled onto the streets for a third day since the president issued edicts that make him immune to oversight of any kind, including that of the courts.

A teenager was killed and at least 40 people were wounded when a group of anti-Morsi protesters tried to storm the local offices of the political arm of the president's Muslim Brotherhood in the Nile Delta city of Damanhoor, according to security officials.

It was the first reported death from the street battles that erupted across much of the nation on Friday, the day after Morsi's decrees were announced. The officials, who spoke on condition of anonymity because they were not authorized to speak to the media, identified the boy as 15-year-old Islam Hamdi Abdel-Maqsood.

The tensions also dealt a fresh blow to the economy, which has suffered due to the problems plaguing the Arab world's most populous nation since Mubarak's ouster.

THE ASSOCIATED PRESS

Impact

Mohammed Morsi, who narrowly won the presidency in June, says his measures were designed to "protect the revolution."

- **Economy.** Egypt's benchmark EGX30 stock index dropped 9.59 percentage points Sunday in the first trading session since Morsi issued his decrees. The losses were among the biggest since the turbulent days and weeks immediately after Mubarak's ouster in a popular uprising last year. The loss in the value of shares was estimated at close to $5 billion.
- **Pushback.** The judiciary, the main target of the edicts, has pushed back, calling the decrees a power grab and an "assault" on the branch's independence. Judges and prosecutors stayed away from many courts in Cairo and other cities on Sunday.

Politics

Feds offloading part of pledge to resettle refugees onto private sector

The federal government is seeking to offload some of its international promises to refugees onto the private sector.

They're asking community groups to sponsor 1,000 of the refugees the Canadian government has told the United Nations it will resettle over the next three years.

But at the same time, they are restricting the groups' ability to sponsor refugees themselves by placing caps on private applications.

THE CANADIAN PRESS

Gaza Strip

Violation of truce with Israel would be a sin: Cleric

A leading Islamic cleric in the Gaza Strip has ruled it a sin to violate the recent ceasefire between Israel and the Hamas militant group that governs the Palestinian territory — according a religious legitimacy to the truce and giving the Gaza government strong backing to enforce it.

The fatwa, or religious edict, was issued late Saturday by Suleiman al-Daya, a cleric respected by both ultra-conservative Salafis and Hamas. Salafi groups oppose political accommodations with Israel.

THE ASSOCIATED PRESS

Rebel group

Congo and M23 rebels negotiate in Uganda

Congolese officials were in talks Sunday with representatives of M23, the rebel group that last week took control of the eastern Congo city of Goma, according to Ugandan officials.

Ugandan Defence Minister Crispus Kiyonga said that he is mediating discussions to help both sides reach a settlement that would end a violent rebellion that has sucked in Uganda and Rwanda, which both face charges of backing the rebels.

M23 president Jean-Marie Runiga is leading the rebels in the talks, according to Rene Abandi, M23's head of external relations.

THE ASSOCIATED PRESS

Cheers! Wine consumption on 'meteoric rise' in Canada

Canadians are increasingly reaching for a glass of Beaujolais instead of beer and they're also drinking more domestic wines, says a new study on Canadian drinking habits.

Consumers bought an average of 22 bottles of wine in 2011, up from 13 in 1995, found the Bank of Montreal's special report on the Canadian wine industry.

"It's a meteoric rise, really," said David Rinneard, national manager of agriculture at BMO.

And Canada's wine industry is poised for solid growth over the next five years, thanks in part to an aging population, a willingness to pay more for premium wines and the opportunity for domestic producers to make bigger inroads in the Canadian marketplace, the report said.

Canada's wine industry is poised for solid growth over the next five years, a new report says. TORSTAR NEWS SERVICE FILE

A third of wine consumed in Canada is produced by domestic wineries, Rinneard said.

THE CANADIAN PRESS

Climate change

UN begins new global-warming talks in Qatar

As nearly 200 countries meet in oil- and gas-rich Qatar for annual talks starting Monday on slowing global warming, one of the main challenges will be raising climate aid for poor countries at a time when budgets are strained by financial turmoil.

Rich countries have delivered nearly $30 billion US in grants and loans promised in 2009, but those commitments expire this year. And a Green Climate Fund designed to channel up to $100 billion US annually to poor countries has yet to begin operating.

THE ASSOCIATED PRESS

Why wait for Boxing Day? Deal season comes early

Black Friday, Cyber Monday. Longtime U.S. discount weekend is now taking root on Canadian soil

As hype surrounding Cyber Monday and Black Friday spreads north of the border, experts say the burgeoning weekend-long holiday sales event could soon surpass Boxing Day as the busiest shopping period of the year.

With the frenzy of what could be Canada's biggest-ever Black Friday over, deal-seekers are turning their focus to Cyber Monday, a day of deep online discounts held the Monday after the busiest shopping day of the year in the U.S.

For years, both events were largely U.S. phenomena that had Canadians who wanted to participate visiting American websites or making cross-border trips on the day after U.S. Thanksgiving, which marks the start of the crucial holiday shopping season when retailers turn profits, or go "into the black."

But a combination of factors — U.S. competitors setting up shop in Canada, Canadian retailers trying to keep sales local, Canadians' shifting shopping habits and tight-fisted consumers with shaky confidence in the economy — are helping to establish the events on Canadian soil.

Shop online, avoid mall fatigue: Cousins Maricruz Munoz, 15, left, and Monica Murillo, 15, sleep on a break from Black Friday shopping at Woodland Hills Mall on Friday, in Tulsa, Okla. Cyber Monday and Black Friday are spreading north of the border, experts say, and may soon surpass Boxing Day as the busiest shopping period of the year. MIKE SIMONS/TULSA WORLD/THE ASSOCIATED PRESS

Willy Kruh, global chairman in retail markets at KPMG, said he wouldn't be surprised if the four days from Black Friday to Cyber Monday soon overtake Boxing Day, now expanded to Boxing Week, as the best period for retailers in Canada.

He says Cyber Monday — which cropped up in Canada just three years ago — is growing at an even faster pace in Canada than Black Friday, as retailers look for new ways to fight back against U.S. competitors eating into their profits.

THE CANADIAN PRESS

Turkey and discounts

- In the U.S., Thanksgiving shopping on Thursday took a noticeable bite out of Black Friday's start to the holiday season, as retail sales in stores fell slightly from last year. Hundreds of thousands of shoppers hit sales Thursday evening while still full from their Thanksgiving dinner.

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LIBERALIZING LIQUOR: THE RIGHT WAY TO GO?

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Things are perking up around here.

We may not be able to show off the Grey Cup — yet again! — and there's still no NHL to heat up the TV above the bar. But none of that matters now that we can order a drink and watch young women prance around the stage wearing a good deal more than they do on a hot day at Regina Beach.

The provincial government's 77 changes to liquor laws are being hailed as the modernization of Saskatchewan and about time, but when you think about it, the whole thing is kind of quaint.

Governments should...

"If anything, conscientious governments should be putting nasty labels on the bottle displaying the graphic effects of liver cirrhosis."

Adult entertainment has, thanks to the Internet, gone far beyond anything conceived by the careful bureaucrats who police the province's morals. Even before the Great Liberalization, you could walk into any bar, sit down, order a beer and watch whatever on your tablet.

And I do mean 'whatever' in its fullest sense. 'Whatever' means a good deal more than anything Foxxy Payola will get up to in her burlesque-era togs under the new rules. No nipples or genitals? They're kidding, right?

Then there's the whole idea of promoting liberalized liquor laws at a time when the advocates of legalizing marijuana argue that their high of choice is better for you than alcohol, which wreaks almost as much havoc annually as tobacco, costing Canadian taxpayers more than $15 billion in death, illness, law enforcement and loss of productivity. If anything, conscientious governments should be putting nasty labels on the bottle displaying the graphic effects of liver cirrhosis.

So what's the big deal? Why have these 77 tinkerings with the liquor law led to metaphorical dancing in the street? (The actual dancing will come a little bit later once the changes take effect.)

Well, it's allegedly better for the entertainment industry. Now it's OK to have a wet T-shirt contest and sell drinks. At the same time. It could theoretically be possible to get obliterated at an all-you-can drink beer night and watch young women douse each other with pails of cold water.

Does it get any better than that?

Frankly, the whole thing is wrong-headed. If you believe adults will be behave responsibly, or even that it's not the government's business to make sure adults behave responsibly, then these minor variations are just irritating.

On the other hand, if you see alcohol as a dangerous substance that should be carefully controlled, any "liberalization" is dangerous to health and well being. If anything, drinkers should be harassed and intimidated. Look how well it's working against smokers.

But this moderation thing? It will never work.

Cambridge University

Centre to study risk of technology to humans

Britain's Cambridge University says it is planning to open a new centre to study the risks that super-intelligent computers could pose to humanity.

The university says the proposed Center for the Study of Existential Risk will bring together academics to consider how accelerating development in artificial intelligence and other technologies can "threaten our own existence."

Huw Price, a philosophy professor at Cambridge, said that while the idea that computer robotics could take over control from humans may seem far-fetched, it is worth taking the potential risks seriously.

He says that the exact nature of the risks is difficult to predict, but that this underlines the need to understand more about artificial intelligence.

The university said the centre's launch is planned for next year.

THE ASSOCIATED PRESS

Many CDs make light work

OLI SCARFF/GETTY IMAGES

Art installation

Artwork puts CDs in a good light

An artist has created a festive display of light, using thousands of old CDs. Bruce Munro's work, entitled Blue Moon on a Platter, forms part of the Christmas decorations at Waddesdon Manor in Buckinghamshire, England, a Neo-Renaissance style of a French château originally built for the prominent Rothschild family of bankers.

METRO

A lot of tracks

50,000

The number of unwanted CDs used in Munro's installation. Donated by a local recycling centre, they were placed on a grassy amphitheatre, which measures 28 metres across. The "moon," which measures 1.5 metres in diameter, is made up of 101 spheres containing coiled optic fibers. It glows with blue light, which is passed along the fiber optics via a metal halide projector. It took Munro and his team of more than a dozen volunteers one week to install.

Artist's viewpoint

"At dusk, when the CDs reflect the light from the sky, and the landscape is dark, the installation shines brightest and looks like a massive sequin bead."

Bruce Munro
light installation artist

Q & A

Brighter when dark

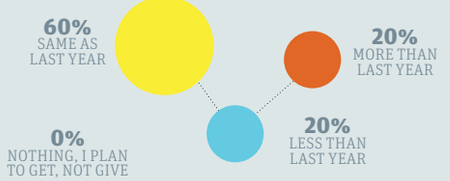
Metro: What's special about the material of CDs?

Munro: Their iridescent quality of reflecting light — they look just like a rainbow. But what's so unusual about the CDs is that they seem to reflect light better when there is not a lot of natural light around.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How much do you plan on spending over the holidays?



Twitter

@mrtorrie: Stupid wind. Where did all that beautiful snow disappear to? Oh yah streets of #yqr

@deannetheresa: The city's done a great job removing snow, but really needs to get out there with the sand now. Nearly rear-ended 2 cars last night! #YQR

@dallasf: The Grey Cup fan march HAS to become a tradition from now on! I look forward to carrying the cup to Mosaic next year in #YQR! #CFL @CFL

@jkalyn: In line at the #yxe STC bus depot, waiting for the bus to #yqr. Pretty sure 75% of these people were at Chili Peppers last night.

@grixnair: When are we going to get an overpass over the rail line on Ring Road? #yqr

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No love for Bieber's halftime show from Grey Cup crowd

CFL. Bieber booed, Lightfoot lauded during splashy halftime show

Justin Bieber faced a hostile homecoming at the 100th Grey Cup on Sunday, with the jeering capacity crowd at the raucous Rogers Centre providing the teen idol with a reception as unyieldingly cold as a long Canadian winter.

The 18-year-old grew up roughly 150 kilometres down the road in Stratford, Ont., but that didn't help his cause with the rowdy crowd on hand, who took aim at the ubiquitous pop star whenever possible.

They booed when his face popped up on the JumboTron. They booed when a host spoke his name at the onset of halftime. And they booed with extra glee as he took the stage and throughout his medley of the finger-snapping, chart-topping hit Boyfriend and the disco-inflected club come-on Beauty and a Beat.

If Bieber was bothered by the boo-birds, it didn't show.

"It's an honour to be here at the Grey Cup in Canada," he said, a smile tugging at his lips despite the reaction.

"Make some noise. I said make some noise!"

Unfortunately, the crowd obliged. More boos.

As he wrapped up Beat a dazzling array of pyrotechnic lights popped into the air and at first the crowd responded enthusiastically. But once again, the cheers dissolved into boos.

"Thank you so much Canada," Bieber announced, ignoring the response. "I love you."

Most figured that while Bieber is a bona fide draw — an international star and tabloid fixture whose latest record Believe became his third straight to reach multi-platinum status in Canada after its June release — most of those fans simply weren't at the game.

"J-Biebs doesn't scream football, you know? Neither does Carly Rae Jepsen," said Calgary's Ryan Prisque, 22.

"Gordon Lightfoot — that'll be the time I turn back from the beer gardens and watch."

The 74-year-old Lightfoot certainly did captivate the crowd Sunday. With the stadium lights down, Lightfoot opened the halftime show by materializing on a modest stage near the 50-yard line, dressed in black and strumming an acoustic guitar. The crowd roared.

Pop outfit Marianas Trench was greeted mostly with indifference, while Jepsen also received a mixed reaction at first but won the crowd over during an enthusiastic medley of her latest single, This Kiss, and her smash hit Call Me Maybe. THE CANADIAN PRESS

By the numbers

Halftime show lighting and rigging:

- **More than 1,300 feet.** Of truss.
- **403.** Moving lights.
- **136.** Video panels.
- **100.** LED lights.
- **40-foot flames.** From 4 locations.
- **4.** Confetti blasters.
- **1.** Flying stage.

–TORSTAR NEWS SERVICE

Carly Rae Jepsen won over the crowd with her Call Me Maybe/This Kiss medley at the halftime show. THE CANADIAN PRESS

Football fans reserved the love for Canadian singer-songwriter legend Gordon Lightfoot THE CANADIAN PRESS

Bieber haters booed extra loud during his performance of Boyfriend, but the superstar was unfazed. THE CANADIAN PRESS

SCENE

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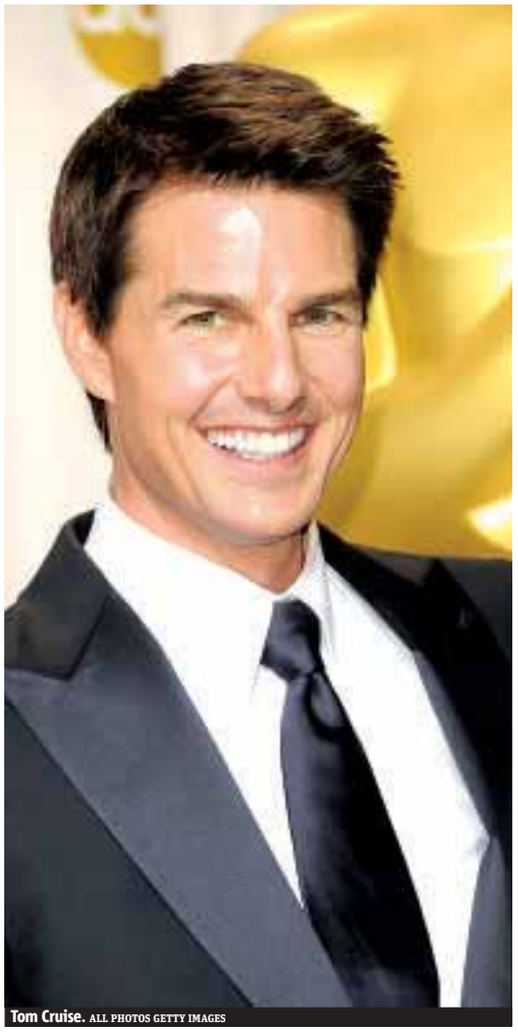


Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise flies in daughter for Thanksgiving

Even though Tom Cruise is currently on location in London filming All You Need is Kill, he still got to spend Thanksgiving with his daughter, six-year-old Suri Cruise, who was flown in for the occasion, according to Us Weekly.

The holiday was the "first time he's seen Suri in a long time," a source says.

Ex-wife Katie Holmes, meanwhile, headed to her parents' home in Toledo, Ohio, for the big day before returning to New York for a Friday evening performance of her Broadway play, Dead Accounts.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Berry caught in the middle as ex-boyfriend and fiancé go to war

It was a pretty dramatic Thanksgiving for Halle Berry as her ex-boyfriend Gabriel Aubry and fiancé Olivier Martinez came to blows during an argument when Aubry dropped off Nahla, the four-year-old daughter he shares with Berry, for the holiday, according to The Associated Press.

TMZ reports that Martinez broke his hand and sustained neck injuries in the fight, while Aubry walked away with a broken rib, facial contusions and a possible head injury.

Sources tell Us Weekly that Aubry "initiated" the fight after having words with Martinez.

"He shoved Olivier, then punched him. Olivier just defended himself," a source says.

Aubry was arrested and released on $20,000 bail.

He's due in court Dec. 13. Immediately following the scuffle, Berry obtained an emergency protective order against Aubry that forbids him from coming within 100 yards of Berry, Martinez or Nahla.

The order is set to expire Tuesday, but Berry is reportedly taking Aubry to court in hopes of making the restraining order permanent.

Taylor Swift

Swift talks about relationship mistakes she has made

Taylor Swift is well aware that she has a problem with falling in love too fast.

"I don't think there's an option for me to fall in love slowly or at medium speed. I either do or I don't. I don't think it through, really, which is a good and a bad thing," the 22-year-old singer tells Parade magazine, adding that in retrospect, her relationships don't always seem to be all that they are cracked up to be.

"I tend to think things are love and then look back and re-evaluate," she says.

"I know how many people I've said, 'I love you' to. I could probably count it up, but I don't feel like it. Part of me feels like you can't say you were truly in love if it didn't last. If I end up getting married and having kids, that's when I'll know it's real — because it lasted."

Twitter

@tyrabanks
I feel like a Transformer!

@EmmaBunton
When can I put my Christmas tree up???

@ActuallyNPH
At Disney World for the 1st time with our kids. Peter Pan's Flight, their 1st ride ever. They loved it. I just sat there crying.

@RebelWilson
Today I gave back to the community by teaching kindergarteners how to pose for photos fully gangsta

Book excerpt

Going a little crazy?

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

You've been home with the kids too long when...

1. You own Memory Books for all of your children. And they are up to date.

2. Sorting through orphaned socks in the laundry room is a serious contender for an exciting afternoon activity.

3. You start begging the children to do some arts and crafts with you.

4. You have checked your email 16 times in the past 15 minutes.

5. You take your daughter to more than one store to look for the perfect pair of back-to-school runners.

6. You have noted the dry clean pick-up time on your desk diary (you still have a desk diary?).

7. Home made Valentine's and Christmas cards sound like fun!

8. You don't have the children in the car, but you're listening to their Mother Goose Raps CD. Hey, that next song really rocks.

9. Your six-year-old asks you to put her teddy bear down for a nap while she's at school and wake him up just before she gets home. You do it.

10. When the neighbours get new windows, you call your husband to tell him. Twice.

11. The appointment of a new school principal is a big deal. EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME, BY KATHY BUCKWORTH, KEY PORTER BOOKS, SOON TO BE AVAILABLE ON AUDIBLE. VISIT KATHYBUCKWORTH.COM.

Exclusively online

Mommy remembers the days when all she had in her fridge was three varieties of mustard. But now that you're born, meal planning has become slightly more complicated than choosing toppings off a pizza delivery menu. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Love at first bark or meow

Pets. If you think you're ready for your first pet, check out the essentials that you should consider

EMMA GODMERE
life@metronews.ca

Got dog fever? Or maybe you're itching for a kitten? Adopting an animal for the first time can be a rewarding experience for any new owner. Studies show that pet ownership can be on par with human friendship when it comes to emotional benefits like increased self-esteem and fewer feelings of loneliness.

But with great company comes great responsibility. Even if you have your heart set on welcoming a lively German shepherd into your home, it's important to select the right pet for you, your family and your lifestyle.

"For single people, or households where people are out a lot, a dog's probably not going to be the best pet," suggests Dr. Simon Starkey, a veterinarian at PetSmart's headquarters in Arizona. Without company for extended periods of time, dogs can suffer from separation anxiety. Cats, on the other hand, tend to be more independent and content spending less time with their owners.

But that's not to say a particular type of animal should be out of the question. Meet Your Match, a program spearheaded by the American SPCA, helps hopeful owners find the right kind of furry friend for them.

"It's like eHarmony for dogs and cats," says Alison Cross, spokesperson for the Ontario SPCA. Pets go through personality assessments while prospective owners complete questionnaires to identify traits and needs in order to make the best match for both parties.

Maybe a smaller, less demanding animal, like a hamster or a guinea pig, is more fitting to your lifestyle. Little creatures with much shorter life expectancies may be a great introduction to pet care. Smaller animals still do require daily food and water top-ups and regular cleaning of cages and enclosures, with which the whole family can help.

Once you meet your new pet, finding a veterinarian and understanding the costs of taking care of the newest member of your family should be your next step. Vets will recommend the best type of food and offer tips for providing care.

Tips

- **Adoption.** "You're saving a lot of money if you choose to adopt," says Cross. Many shelters ensure pets are spayed or neutered, vaccinated and microchipped before putting them up for adoption.
- **Breeders.** Dog-seekers may choose to approach breeders to find their pet. The Humane Society of the United States suggests seeking referrals for responsible breeders from dog-owning friends whom you trust. The Canadian Kennel Club also provides links to its member breeders at ckc.ca.

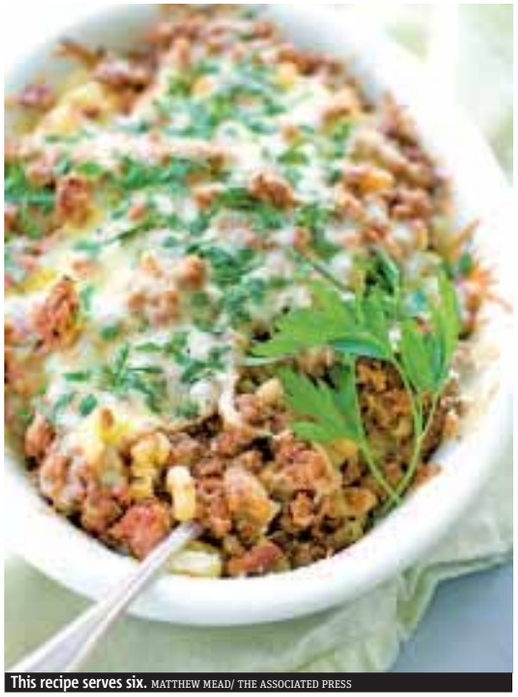
The benefits of owning a pet come with responsibilities. ISTOCK

Start sharing

Remember your first pet? Was it a cat, dog or maybe a pet rock? Visit this article online, tweet us or even turn to the person next to you and share your memories of that special pet.

First in a series on firsts. This is the first in a weeklong series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Give dinner an ooey, gooey touch with cheesy casserole



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

"Forgive me for getting a little 'cheesy' here, but that's just what this one-dish wonder is all about: cheese," writes Dave Venable in his cookbook, In the Kitchen with David. "Everything we love about melted cheese — rich, ooey, gooeyness — is right here in this cheeseburger casserole."

Ingredients

- 1 tbsp plus 1 tsp kosher salt
- 16-oz package elbow macaroni
- 2 lbs ground beef
- 1 large onion, chopped
- Two 8-oz cans tomato sauce
- 1/8 tsp ground black pepper
- 1 cup ricotta cheese
- 1/4 cup sour cream
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped scallions
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella
- 1/4 cup parsley, chopped

1. Heat the oven to 350 F.

2. Bring a large pot of water to a boil. Add 1 tablespoon of the salt and the macaroni and cook until tender but still firm to the bite, 7 to 8 minutes. Drain well.

3. Heat a large skillet over medium-high heat. Add the beef and onion and cook, stirring, until the beef is well browned. Carefully drain the fat from the skillet, then stir in the tomato sauce, the remaining 1 teaspoon of salt, and the black pepper. Bring to a simmer over low heat while preparing the remaining ingredients.

4. In bowl, combine ricotta, sour cream, bell pepper and scallions. Spread half of the pasta in a 9-by-13-inch baking dish. Top with the ricotta mixture, then the remaining pasta. Pour the meat mixture over the top. Sprinkle with the cheddar and mozzarella.

5. Bake casserole until the cheese is melted and lightly browned, about 20 minutes. Sprinkle with parsley before serving. THE ASSOCIATED PRESS/ DAVE VENABLE'S IN THE KITCHEN WITH DAVID, BALLANTINE BOOKS, 2012

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Snack bars are the go-to after-school treat for many kids. However, be wary of the empty nutrients.

2 Quaker Peanut Butter Granola Bars

300 calories/ 14 g fat/ 7 g sat fat/ 20 g sugar

Granola bars are not really a snack since they lack the substantial protein and fibre you need. The calories and fat are empty nutrients.

Equivalent

Two Quaker Peanut Butter Granola Bars are equal in fat to seven Honey Drop Timbits from Tim Hortons.

2 Rice Krispie Squares

180 calories/ 6 g fat/ 1 g sat fat/ 16 g sugar

If you want a sweet snack, choose this since the calories and fat are half and there's little saturated fat.

Turkey takes Mac 'n' Cheese to the next level

Kids and adults alike will love this classic creamy macaroni and cheese casserole with the addition of lean ground turkey.

It provides a whopping 37 grams of protein, four grams of fibre and is a good source of calcium.

Ingredients

- 5 ml (1 tsp) vegetable oil
- 500 g (1 lb) lean ground turkey
- 50 ml (1/4 cup) butter
- 1 small onion
- 3 cloves garlic
- 75 ml (1/3 cup) all-purpose flour
- 1 l (4 cups) hot milk
- 30 ml (2 tbsp) Dijon mustard
- 2 ml (1/2 tsp) each salt and freshly cracked pepper
- 500 ml (2 cups) lightly packed, shredded old cheddar cheese
- 500 g (1 lb) cooked elbow noodles
- 1 can (796 ml/28 oz) diced seasoned tomatoes
- 250 ml (1 cup) bread crumbs

1. In a large non-stick skillet, heat oil over medium-high heat. Brown turkey, breaking into small pieces with a wooden spoon. Transfer to a plate.

2. In a large saucepan, melt butter over medium-high heat. Stir in onion and cook until translucent, about 5 minutes. Stir in garlic and cook just until fragrant, but not browned, about 1 minute.

3. Whisk in flour and cook until combines into a thick paste, about 1 minute. Continue whisking and slowly pour in milk. Bring to a boil and reduce heat to maintain a simmer, whisking often, until sauce is thick, about 10 minutes.

4. Whisk in Dijon, salt and pepper. Whisk in cheddar until smooth. Stir in noodles, reserved turkey with accumulated juice and tomatoes.

5. Pour into a greased 33-by-23-cm (13-by-9-inch) baking dish. Sprinkle with bread crumbs and bake in a 180 C (350 F) oven until sauce is bubbling and top is golden, about 30 minutes. Let sit for 10 minutes before serving.

THE CANADIAN PRESS/ MAKEITSUPER.CA

This recipe serves eight. THE CANADIAN PRESS HANDOUT

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Are you driving your co-workers coconuts?

Offensive at the office. Have your colleagues been ducking under their desks when you approach? You might want to rethink your behaviour

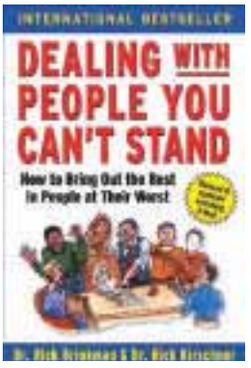
BRUCE WALSH
TalentEgg.ca

Have a co-worker who creeps over the cube walls? ISTOCK

Author and motivational speaker Rick Brinkman has been speaking to companies for over two decades. In the mid-'90s he co-authored the workplace classic, Dealing With People You Can't Stand, utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?
Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may be whining. But that doesn't even show up on my radar.

How do you know if you are, in fact, the annoying person at work?
When people read our book, they tend to recognize what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviours now and again. It's just that there are certain ones we're more likely to go to under stress.



Opposite irritants

"Your particular annoyance may be whining. But that doesn't even show up on my radar."
Rick Brinkman
Dealing with People You Can't Stand

How do you cut back on your own annoying behaviours?
You can start by recognizing the particular type of negative behaviour that comes out of you under stress. Then ask yourself, "How is this working for me? Am I getting what I want? What reactions am I getting from others?" Usually people find that this behaviour is creating their own worst nightmare. Once they realize that, it's easier to change.

Is there a difference between how we exhibit these behaviours at home versus the workplace?
Yes! It can be totally opposite. Some people are a total "tank" (overly controlling) at work and a "nothing" (nonresponsive) at home. I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behaviour is totally different, because the context of the relationship is totally different.

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BROWSING ON YOUR BROWSERS

SHOPPERS SURFING FOR THE BEST DEALS

You know by now about Black Friday, the deeply discounted shopping day that kicks off the U.S. Christmas shopping season. But how about Cyber Monday?

As Bill Rand explains it, Cyber Monday grew as an online counterpart to Black Friday, which generally falls after the U.S. Thanksgiving. "The idea was that online retailers would offer great holiday deals the Monday after (American) Thanksgiving similar to the deals that brick and mortar shops offer the Friday after Thanksgiving," says Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. But recently, Cyber Monday has become a bit of a misnomer, Rand adds. "Originally, Cyber Monday was on Monday because people would be at their work computers on Monday, but with the growth of the use of tablets and smartphones for online commerce, Cyber Monday had been extended and now many of the deals are offered on Black Friday as well."

That's the emerging trend marking 2012's Cyber Monday — the appearance of deals as early as the Friday morning before. "Given the recovering economy and the fact that consumers are feeling more positive about their wallets than they have in a while, retailers are looking to capitalize on this trend by offering discounts and deals to get them in stores — or in the case of Cyber Monday, on to their website," Rand says. "Black Friday was originally called Black Friday because it was a single shopping day that could put a retailer into the 'black' or profitable for the whole year. And retailers hope that this year will definitely bear out that name."

According to the Toronto-based Interac Association, about 19 per cent of Canadians report they will likely shop online on Cyber Monday. "And according to our Interac survey, online shoppers expect to spend an estimated average of $303 that day," says Teri Murphy, senior manager, corporate and stakeholder relations. Hot items include video games, books, ebooks and DVDs, clothing and accessories, computers, tablets, e-readers, mobile phones and MP3 players.

"And the release of the new Wii U and several major games means the video game market should remain strong," adds Rand. "Other technology items like HD TVs will remain popular. Often during downturns people put off buying new TVs and other consumer durables that are failing, and so as we come out of the downturn these items tend to be purchased at a sharper rate." *— Astrid Van Den Broek*

DEALS 'WORTH IT' FOR CANADIANS

Unlike Black Friday deals, some of which have you packing a sleeping bag to park yourself early in front of Walmart, Cyber Monday deals can be done from the comfort of your laptop.

But how can you best take advantage of these deals?

Hone in on your favourite online stores first such as Amazon or Best Buy, to see if their sites are offering any deals that particular weekend, says Bill Rand, the assistant professor of marketing and director for the University of Maryland's Robert H. Smith School of Business. "Also, search online to see if any of the 'brick and mortar' stores you normally shop at also maintain an online presence," he suggests.

Yet, even with deeply discounted products available, is it worth it for Canadians to try and take advantage of these online deals?

"Given the current exchange rate between the US and Canada — it's almost equal — and the fact that shipping rates are lower than ever, there will be quite a few deals that will still be worth it," says Rand. He also notes that many deals aren't even shipping from the U.S. anymore, so the difference in shipping prices should not be large.

"For instance, Apple has announced a bunch of deals for Friday and most of that ships from China anyway," says Rand. Yet to be sure, when shopping online, check all the additional fees, especially shipping and taxes, before hitting the checkout button.

It also helps if you do some research ahead of time to see how much products generally cost. "Many sites publish deals they plan to offer beforehand so look at these flyers to determine if the price is a good price, or if they just marked up the deal a week before to mark it down again," Rand advises. "Slickdeals.com is a website that has a great reputation for providing research about any deals you find and determining if there is a better deal out there."

What are some of the best sites to check out? Along with Slickdeals.com — which also collects the Black Friday/Cyber Monday deals in one place — FatWallet.com is another site to click on.

"It works as an affiliate merchant which means they provide links to other Web sites and then earn a small commission on any sales originating from FatWallet," Rand says. "FatWallet then returns some commission to consumers so you get the standard deal and you earn a few percentage points back on your purchase as well." *— Astrid Van Den Broek*

[1]LIMITED TIME OFFER. Offer valid on qualifying purchases of $20 CDN or more made between Nov. 21, 2012 and Dec. 5, 2012. 20x offer applies to the total base reward miles earned on qualifying purchase amount excluding shipping, duty and taxes. Base Offer may vary. Click on store logo on airmilesshops.ca for Offer details. Collectors must sign in at airmilesshops.ca before purchasing in order to earn reward miles. Offer can be combined with other Bonus reward miles Offers. Does not apply to purchases made at the following stores: Netflix or Rogers Magazine subscriptions (including *Chatelaine, Today's Parent* and *Maclean's).* All other stores are subject to change and may be withdrawn at any time. Reward miles will appear in your account within 120 days.

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BARGAINS A CLICK AWAY

SHARE TO EARN REWARDS WITH NEW MARKETPLACE ONLINE AT SHOP.CA

Pam Bryant loves a good deal, and when she signed up at the online mall shop.ca, she didn't know the half of it.

What caught the eye of 38-year-old Bryant was the $25 sign-up bonus, which she could use on her first purchase of $100. She went shopping on the website almost immediately, bought a well-priced LED TV, and used the bonus money towards it. Bryant liked the TV so much she shared the purchase on her Facebook wall and a few weeks later, posted a review — and that's when things got really good. When one of her friends clicked on her post and signed up to shop.ca, Bryant got a referral credit of $25. Then, when her friend spent her first $75 on the same TV, Bryant received 1 per cent of that purchase amount in her account too.

"It was way more than I bargained for," says Bryant, a wife and mom in Hamilton, Ont. "It's all about sharing information on my social networks, which I do all the time anyway, and now I get cash rewards in return."

"Our innovative Social Loyalty Network sets us apart from any other Rewards program," says Trevor Newell, founder and president of shop.ca. "We want Canadians to share the products they love with their friends, and we'll reward them for doing so every step — and share — of the way."

Shop.ca is a new and exciting online marketplace that features millions of products and thousands of brands from around the world. You can buy everything from living room furniture to pillows and tools.

Shop.ca has streamlined the whole process of online shopping in Canada, according to Drew Green, founder and chief executive officer.

When you buy at shop.ca, all your purchases go into one shopping cart, with a simple checkout process and multiple payment options. Once ordered, shop.ca ensures your order is delivered right to your door.

There aren't cross-border duty charges — or hassles — and there's no charge for shipping or returns. The return policy gives you up to 365 days to return an item.

Says Green: "We also have an amazing team of customer loyalty leaders right here in Canada who chat on the phone or online with you. They've even been known to drive to houses to get a product to somebody if there's been a delivery hiccup."

THE SOCIAL LOYALTY NETWORK

Do you like to talk to your friends about the things you buy? Now you can turn that pastime into cash, says Trevor Newell, founder and president of shop.ca.

Members of the Social Loyalty Network at shop.ca can get from 1 to 2.5 per cent cash rewards when they share their purchases and post reviews via Facebook, Twitter, LinkedIn or by email. They can also earn when a friend buys the same product from a link they shared.

Members also get $25 for every person they refer to shop.ca and when that friend makes a first purchase of $75 or more.

Sign-up is free and all new members get a $25 sign-up bonus to spend on a $100 purchase and 0.5 per cent cash rewards as a starting point on every purchase they make. That 0.5 per cent can turn into 2.5 per cent when they share and earn at shop.ca.

THE WORLD'S COOLEST 'ROBOT TOYS'

KIDS OF ALL AGES WILL LOVE THESE CYBER TOYS

For Cyber Monday, shop.ca offers both the Sphero and Robosapien at a special price of $109 each. But if you sign up today and become a member of shop.ca, you can use the $25 sign-up bonus against the price.

THE AMAZING SPHERO

The Sphero is being heralded as the year's hottest gadget toy.

The Sphero smart "robot" is housed in a round and durable shell roughly the size of a baseball. You control it with a tilt, touch, or swing from your smartphone or tablet. Or, you can use Sphero as a controller for on-screen games.

Sphero is IOS- and Android-compatible, and there are lots of games and apps available for download.

With the Sphero Golf app, for example, create a "hole," then swing your smartphone to put Sphero towards it.

The Chromo app lets you challenge yourself in a new way — by holding Sphero in your hand and moving it to match colours on your screen.

Or, download Sharky the Beaver, the first app that lets you take a virtual three-dimensional character for a walk around your house.

You get more than an hour of non-stop play, with cable-free induction charging.

THE WORLD'S FRIENDLIEST HOME ROBOT

Bring home WowWee's 14-inch Robosapien remote control robot — and watch the fun and silliness begin.

Designed by a NASA scientist, Robosapien has a full range of motions and interactive sensors as well as a unique personality.

Robosapien has fast, full function arms with grippers and working hands, and can walk, run and turn, shake hands, and even speak fluent international "caveman."

In all, there are 67 pre-programmed functions including pick-up, throw, kick, sweep, dance, belch, rap, and many different kung-fu moves.

Robosapien is easy-to-use with no complicated setup or need for a computer. It is easily controlled by an ergonomic remote and runs on regular batteries for more than six hours.

Argonauts running back Andre Durie celebrates his fourth-quarter touchdown against the Calgary Stampeders in the Grey Cup game on Sunday night in Toronto. SEAN KILPATRICK/THE CANADIAN PRESS

Argos give Toronto a championship

100th Grey Cup. Hosts hold on to win after hot start vs. Stampeders

Grey Cup game

Argonauts	Stampeders
35	22

A rugged defence staggered the Calgary Stampeders before Ricky Ray delivered the knockout punch and earned the Toronto Argonauts a historic Grey Cup victory Sunday.

Toronto's defence, under the guidance of former Calgary assistant Chris Jones, held CFL rushing leader Jon Cornish to 57 yards while pressuring quarterback Kevin Glenn before Ray's seven-yard TD pass to Andre Durie late in the game cemented the Argonauts' 35-22 win in the 100th edition of the CFL championship.

Ray, obtained last December in a blockbuster trade with Edmonton, finished 18-of-30 passing for 231 yards and two TDs.

The Argos dominated a potent Calgary offence that scored 51 TDs this season — tied with Montreal for the league lead — holding it to just four field goals before Maurice Price's TD catch and two-point conversion with 20 seconds remaining.

Defensive back Pacino Horne brought the rabid Rogers Centre sellout crowd of 53,208 to its feet in the opening half. His key 25-yard TD interception return staked Toronto to a dominant 18-point halftime advantage.

Calgary came in as the CFL's hottest team with 13 wins in 15 games after opening the season 3-4. Glenn guided the club to nine wins in 14 starts after incumbent Drew Tate injured his shoulder, then replaced the injured Tate (forearm) to lead the Stampeders past the defending Grey Cup-champion B.C. Lions in last weekend's West final.

Calgary also boasted the CFL's top rusher in Cornish, the league's top Canadian after running for 1,457 yards this season.

But Glenn and Co. had no answer for Toronto's swarming defence as the Argos ended their season with a fifth straight victory.

"We didn't start well. We didn't take advantage of their turnover and they got two touchdowns on theirs," Stampeders coach John Hufnagel said. "But the bottom line was that we didn't get the ball into the end zone until the game was out of reach."

THE CANADIAN PRESS

Kackert runs away with Grey Cup MVP award

Argonauts running back Chad Kackert runs the ball up field during the third quarter of Sunday's Grey Cup game. NATHAN DENETTE/THE CANADIAN PRESS

Toronto Argonauts running back Chad Kackert was been named the outstanding player of the 100th Grey Cup.

Kackert's 20 carries for 133 yards helped lift the Argos to a 35-22 win over the Calgary Stampeders on Sunday.

He also recorded eight catches for 62 yards.

Kackert was an impact player for Toronto throughout the post-season.

The Simi Valley, Calif., native scored twice as the Argos downed the Edmonton Eskimos in the East Division semifinal two weeks ago.

He then added a spectacular 49-yard TD run up the middle to give Toronto the lead in an upset 27-20 victory in Montreal in the East final last Sunday.

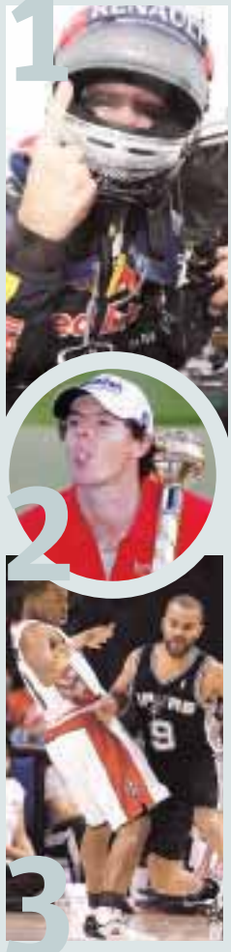
Argos defensive end Ricky Foley was named the game's most outstanding Canadian.

The 30-year-old from Courtice, Ont., had four tackles, one fumble recovery and one sack for five yards.

Foley joined Toronto in 2010 after four seasons with the B.C. Lions.

THE CANADIAN PRESS

Sports in pictures



1 Auto racing. Vettel toughs out wild F1 finale

Sebastian Vettel overcame a first-lap crash to clinch his third straight Formula One championship title on Sunday, finishing sixth in an incident-filled Brazilian Grand Prix won by Jenson Button under pouring rain in Sao Paulo. THE ASSOCIATED PRESS

2 Golf. McIlroy proves clutch in Dubai

Rory McIlroy made five straight birdies down the stretch to overtake Justin Rose and win the Dubai World Championship on Sunday. THE ASSOCIATED PRESS

3 NBA. Spurs' Parker burns Raptors in OT

Tony Parker scored seven of his game-high 32 points in double overtime as the San Antonio Spurs handed the Toronto Raptors their fourth straight loss, 111-106, on Sunday afternoon. THE CANADIAN PRESS

Horoscopes

Aries
March 21 - April 20
No matter how high you have flown in the past you will fly even higher this coming week. The Sun linked to Uranus in your sign will endow you with courage and confidence — but most of all with a sense of adventure.

Taurus
April 21 - May 21
Sacrifices will have to be made but there is no reason why they should be painful. The secret is to not let yourself get so attached to material things. Money is important, of course, but next to love and laughter it means nothing.

Gemini
May 22 - June 21
Let other people guide you this week. It will do you good to let family and friends take responsibility for making important decisions — and free up time and energy for you to have fun of a more personal kind.

Cancer
June 22 - July 23
Because you are such a generous soul you find it hard to say no when others ask you to help, but the planets warn you could end up taking on more than you can handle this week. Put your own health and happiness first.

Leo
July 24 - Aug. 23
If you insist that the world conforms to your way of thinking then, to put it bluntly, you are going to be disappointed. Why would you want everyone to think like you anyway?

Virgo
Aug. 24 - Sept. 23
Rise above petty people and petty squabbles today – let nothing disturb your peace of mind. Remember: it is not what others say or do that is important but how you choose to react to it. So don't react.

Libra
Sept. 24 - Oct. 23
It may seem as if you are getting lots done but according to the planets you are running around for no good reason. It's time to slow down a bit and take more care of what you are doing. Think quality, not quantity.

Scorpio
Oct. 24 - Nov. 22
Try not to do things for no better reason than you want to convince the doubters that you have what it takes. If you do that then in effect you are letting them dictate the course of events.

Sagittarius
Nov. 23 - Dec. 21
Today's Sun-Uranus link encourages you to do something out of the ordinary, something that shakes up the cozy little world you inhabit. If there is one thing you should always aim to avoid it is being predictable.

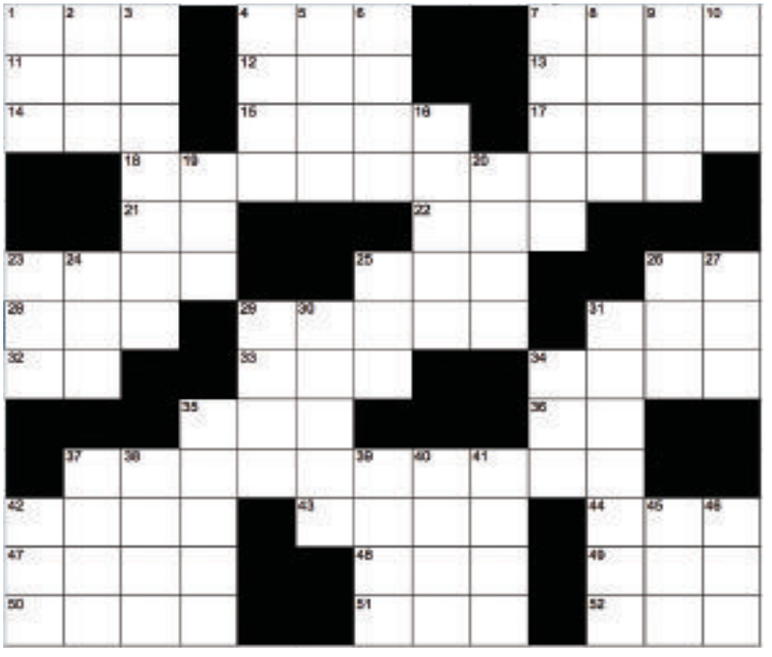
Capricorn
Dec. 22 - Jan. 20
Think about who you are, where you are going and what kind of an impression you want to make on the world. That might sound a bit heavy for the start of the week but you're in a philosophical mood.

Aquarius
Jan. 21 - Feb. 19
You will have to deal with a situation today that has occurred in one form or another many times before. If you can see the parallels with past events then it should be easy. If you don't, you'll make the same mistakes.

Pisces
Feb. 20 - March 20
A rival will underestimate how serious you are about your ambitions and that puts you at an advantage. For too long you have kept in the background when you should have been center. Go for it! SALLY BROMPTON

Crossword

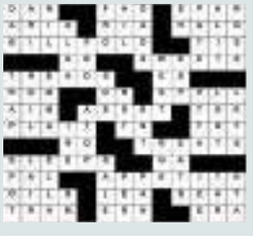
BY BETTY MARTIN



Across
1. Room often found in the basement
4. Graduation headpiece
7. Not bogus
11. One Day -- – Time (2 words)
12. Served at Cheers
13. Rowboat need
14. Lie on the beach
15. Actress Russo
17. Previously driven car
18. Children living at home
21. Granny on The Beverly Hillbillies (init.)
22. Major —
23. Above
25. Cone bearing tree
26. The World — War
28. — the season
29. Comic DeGeneres
31. — Lanka
32. San Francisco's st.
33. Small inlet
34. Singer James
35. Fault
36. —, myself and I
37. Out in front, often
42. Naked
43. Monicker
44. Caustic substance
47. Statuesque model
48. Old time actor Chaney
49. — Hudson Street
50. Printers measure
51. Breakfast choice
52. Country roads (abbr.)

Down
1. Alleyway denizen
2. Estimated time of arrival at airports
3. Halloween treats
4. Nag
5. Aweather
6. I am Sam actor Sean —
7. Face shape
8. — Meets West
9. Greek God of War
10. Hallucinogenic drug (abbr.)
16. Frasier's dog
19. Make a mistake (abbr.)
20. Merit
23. Non-prescription drug (abbr.)
24. Type of rail system
25. Tampa st.
26. Drama or dance
27. Carrere of Relic Hunter
29. Actor McCormack of Will & Grace
30. Type of closet
31. Radiant
34. Australian bird
35. Part I, in a play
37. Akin
38. Russian mountain range
39. — of the Century
40. Dirty air
41. Ancient art & science: — Shui
42. E-bay requirement
45. Nevertheless
46. Employee self-service (acronym)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9				2		
			8		4			
8	4						7	9
		5	6		3	8		
4	6						5	1
		8	5		7	4		
1	2						8	7
			9		6			
		4				3		

Yesterday's Sudoku

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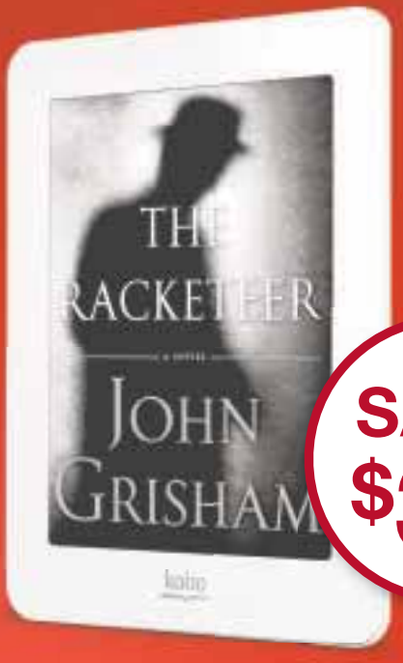

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